

John Main OSB

How is Your Prayer Life?



Here is an **invitation** to explore further

Christian Meditation is to allow God's silent presence within us to become THE reality which gives meaning, shape and purpose to everything we do, everything we are"

You are invited to attend the workshop

on

Christian Meditation and the Spiritual Journey by Rev. Father Paul Cheong, OFM, CAP

on

27th June 2014, Friday – 7.45 to 9.45pm

28th June 2014, Saturday – 9.00am to 4.45pm

at Room 1.1 and 1.2, Costantini Community Centre , St Ignatius Church, Petaling Jaya



The World Community For Christian
Meditation (WCCM) St Ignatius Church Group

Christian meditation is an ancient form of Christian prayer taught by St. John Cassian and fourth century Desert Fathers and is found in the 14th century spiritual classic – *The Cloud of Unknowing*.

Christian Meditation is known as prayer of the heart or contemplative prayer where we seek God in the silence and stillness beyond words and images.

The late Carmelite spiritual theologian, Fr. Ernest E. Larkin shares the fruit of his experience and study of Christian Meditation over the last 25 years with these words, " My efforts have brought me to the door of the great treasures of Christian meditation. It is my studied conviction that this method of contemplative prayer can renew Christian life in the 21st century

If you are seeking a deeper prayer life and spiritual growth, for inner peace and wholeness in this busy modern time, you are invited to come and attend the workshop.

Registration Form

Name _____

Handphone _____

Email address _____

Parish _____

Registration fee is RM 20 per participant including course material, one lunch and two tea breaks. Places are limited and is on a First Come First Serve basis.

Fees are not refundable but a participant is allowed to nominate a replacement

Kindly contact the following persons for more details :

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